

Mindfulness and Self-compassion at workplace in Prague

The survey is aimed at a group of working professionals and is completely anonymous. The questionnaire is designed to measure the levels of mindfulness, self-compassion, job satisfaction, job performance, turnover intention and psychological resilience of people working in corporate companies. The questionnaire will be used to understand how these concepts are interrelated and what role they play in the workplace.

The data obtained will only be used for the development of the practical part of the diploma thesis. The questionnaire will take less than 10 minutes of your time. Thank you in advance for your time and for completing the questionnaire correctly.

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* Indicates required question

A. Demographic Information

1. How old are you? *

2. What is your gender? *

Mark only one oval.

Female

Male

Prefer not to say

3. What is your latest education degree? *

Mark only one oval.

- High school
- Bachelor's
- Master's
- Other

4. What is your current job title? *

5. How many years of experience do you have in the field? *

6. Which department do you work for? *

Mark only one oval.

- Insurance
- Accounting and Finance
- Customer Service
- Education
- Healthcare
- Manufacturing
- Engineering
- Human Resources
- Marketing
- Logistics
- Other: _____

7. What is your salary range? (CZK gross) *

Mark only one oval.

... - 25000

25001 - 50000

50001 - ...

8. There is a high probability that I will leave my current job in the next 6 months. *

Mark only one oval.

1 2 3 4 5

Stro Strongly agree

B. Self Compassion Scale ¹

Indicate how often you behave in the stated manner. Use the indicated scale from 1 (almost never) to 5 (almost always).

¹Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, 18, 250-255.

9. When I fail at something important to me I become consumed by feelings of inadequacy. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

10. I try to be understanding and patient towards those aspects of my personality I don't like. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

11. When something painful happens I try to take a balanced view of the situation. *

Mark only one oval.

1 2 3 4 5

alm almost always

12. When I'm feeling down, I tend to feel like most other people are probably happier than I am. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

13. I try to see my failings as part of the human condition. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

14. When I'm going through a very hard time, I give myself the caring and tenderness I need. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

15. When something upsets me I try to keep my emotions in balance. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

16. When I fail at something that's important to me, I tend to feel alone in my failure. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

17. When I'm feeling down I tend to obsess and fixate on everything that's wrong. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

18. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

19. I'm disapproving and judgmental about my own flaws and inadequacies. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

20. I'm intolerant and impatient towards those aspects of my personality I don't like. *

Mark only one oval.

1 2 3 4 5

Alm Almost always

C. The Mindful Attention Awareness Scale ¹

Indicate to what really reflects your experience rather than what you think your experience should be. Use the indicated scale from 1 (almost always) to 6 (almost never).

¹Brown, K.W. & Ryan, R.M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848.

21. I could be experiencing some emotion and not be conscious of it until some time later. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

22. I find it difficult to stay focused on what's happening in the present. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

23. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

24. I tend not to notice feelings of physical tension or discomfort until they really grab my attention. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

25. It seems I am “running on automatic,” without much awareness of what I’m doing. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

26. I rush through activities without being really attentive to them. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

27. I get so focused on the goal I want to achieve that I lose touch with what I’m doing right now to get there. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

28. I do jobs or tasks automatically, without being aware of what I'm doing. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

29. I find myself listening to someone with one ear, doing something else at the same time. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

30. I drive places on 'automatic pilot' and then wonder why I went there. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

31. I find myself preoccupied with the future or the past. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

32. I find myself doing things without paying attention. *

Mark only one oval.

1 2 3 4 5 6

Alm Almost never

D. Minnesota Satisfaction Questionnaire ¹

Indicate how satisfied you feel about the aspect of your job described by the statements. Use the indicated scale from 1 (very dissatisfied) to 5 (very satisfied).

¹Weiss, D. J., Dawis, R. V., & England, G. W. (1967). Manual for the Minnesota satisfaction questionnaire. *Minnesota studies in vocational rehabilitation*.

33. Being able to keep busy all the time. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

34. The chance to work alone on the job. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

35. The chance to do different things from time to time. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

36. Being able to do things that do not go against my conscience. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

37. The chance to do things for other people. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

38. The chance to do something that makes use of my abilities. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

39. The freedom to use my own judgement. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

40. The chance to try my own methods of doing the job. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

41. The way my co-workers get along with each other. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

42. The praise I get for doing a good job. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

43. The feeling of accomplishment I get from the job. *

Mark only one oval.

1 2 3 4 5

Very Very satisfied

E. Brief Resilience Scale ¹

Indicate to what extent you agree with the statements. Use the indicated scale from 1 (strongly disagree) to 5 (strongly agree).

¹Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International journal of behavioral medicine*, 15(3), 194-200.

44. I tend to bounce back quickly after hard times. *

Mark only one oval.

1 2 3 4 5

Stro Strongly agree

45. I have a hard time making it through stressful events. *

Mark only one oval.

1 2 3 4 5

Stro Strongly agree

46. It does not take me long to recover from a stressful event. *

Mark only one oval.

1 2 3 4 5

Stro Strongly agree

47. It is hard for me to snap back when something bad happens. *

Mark only one oval.

1 2 3 4 5

Stro Strongly agree

48. I usually come through difficult times with little trouble. *

Mark only one oval.

1 2 3 4 5

Stro Strongly agree

49. I tend to take a long time to get over set-backs in my life. *

Mark only one oval.

1 2 3 4 5

Stro Strongly agree

F. Individual Work Performance ¹

Indicate to what extent you agree with the statements. Use the indicated scale from 0 (seldom) to 4 (always).

¹Koopmans, L., Bernaards, C., Hildebrandt, V., Van Buuren, S., Van der Beek, A. J., & De Vet, H. C. (2012). Development of an individual work performance questionnaire. *International journal of productivity and performance management*, 62(1), 6-28.

50. I managed to plan my work so that I finished it on time. *

Mark only one oval.

0 1 2 3 4

Seld Always

51. I was able to carry out my work efficiently. *

Mark only one oval.

0 1 2 3 4

Seld Always

52. On my own initiative, I started new task when my old tasks were completed. *

Mark only one oval.

0 1 2 3 4

Seld Always

53. I took on challenging tasks when they were available. *

Mark only one oval.

0 1 2 3 4

Seld Always

54. I focused on the negative aspects of situation at work instead of the positive aspects. *

Mark only one oval.

0 1 2 3 4

Never Always

55. I talked to colleagues about the negative aspects of my work. *

Mark only one oval.

0 1 2 3 4

Never Always

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